

## Max's Train for the Trail Workout

Rady Personal Trainer, Max shows you his top 5 exercises to help you train for the trail. This combination of cardiovascular and muscular endurance exercises help you prepare for the hills and hikes you're planning this summer!

<p>Treadmill Incline walk</p>		
<p>Stepmill Climb</p>		
<p>Reverse Lunges</p>		
<p>Jump and Balance</p>		
<p>Good Morning</p> <ul style="list-style-type: none"> <li>• single leg</li> <li>• light weight</li> </ul>		